

BAIN 50+ CENTER

December 2021



**5470 Ruth Keeton Way
Columbia, MD 21044
410-313-7213**

Center Email
bain50@howardcountymd.gov

Center Hours
Monday - Friday
8:30 am - 4:30 pm

Fitness Center Hours
8:30 am - 4 pm

50 + Hotline 410-313-5400

Newsletters Online
[www.howardcountymd.gov/
50pluscenters](http://www.howardcountymd.gov/50pluscenters)

Volunteer Website
www.hocovolunteer.org

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Howard County
 **50+ CENTERS**
Enrichment. Engagement. Connection. Growth.



Wishing you and yours a safe and **Happy Holiday Season** and a **Happy New Year**

As this year comes to an end we, the **Bain Staff**, “thank you” with gratitude and appreciation for sharing your time with us.



GENERAL INFORMATION

50 +Center Staff

Linda Jackson Ethridge, Director
lethridge@howardcountymd.gov
(410) 313-7468

Tammy Wiggins, Assistant Director
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(410) 313-7469

Dawn Perez, Registrar
daperez@howardcountymd.gov
(410) 313-7213

Bridget McAndrew, Program Assistant
bmcan drew@howardcountymd.gov
410-313-7270

Michelle Rosenfeld, Fitness Coordinator
mrosenfeld@howardcountymd.gov
(410) 313-7394

Elaine Widom, SeniorsTogether
ewidom@howardcountymd.gov
(410) 313-7353

SHIP-STATE HEALTH INSURANCE ASSISTANCE PROGRAM
By Appointment (410) 313-7392

MARYLAND ACCESS POINT
By Appointment (410) 313-1234

INCLEMENT WEATHER PROGRAM LINE
410-313-7777

Bain 50+ Center Council

President: Frances Beckman Martiny
Vice President: Iantha Tucker
Secretary: Vacant
Treasurer: Frances Beckman Martiny

Members:
Athena Dalrymple
Susan Elbanna
Annie Foster
Doretha Gay
Willis Gay
Shirley Williams
Peter Eisenhut
Valerie Hoelz

The Bain Council is seeking applicants to serve on the Council. If you are interested please send an email to Bain.Council.Comm@gmail.com

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-7213 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Newsletter by Email

Would you like your newsletter delivered to your inbox? Just click link below.
[CONSTANT CONTACT SIGN UP](#)

ADJUSTED HOURS OR CENTER CLOSURES

Friday, December 24 Christmas Holiday
Friday, December 31 New Year's Holiday

Note: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

GENERAL INFORMATION

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join the Bain 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected.

- ◆ Members must be independent and be able to navigate the Center. Those who need assistance must have a qualified companion or aid with them.
- ◆ Members must be able to function in the Center without one-to-one assistance or supervision from staff.
- ◆ Members should not use language or behavior that is obscene, abusive, loud or insulting. They should not harass or discriminate based on race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Members must maintain personal hygiene standards.

To obtain a full list of guidelines, please request a copy at the front desk.

Inclement Weather Policy

For the operating status of the Center, call the inclement weather status line at 410-313-7777, visit the County website or call the Center Front Desk at 410-313-7213.

If Howard County Public Schools are delayed or closed:

1-hour delay - Center will strive to open at 9:30 am

2-hour delay - Center will strive to open at 10:30 am. All classes & programs before 11 am are canceled.

Closed - Center will strive to open at 10:30 am. All classes and programs are canceled. Status Line will be updated at 7 am, 12 pm and 3 pm.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to online registration, please check with the Front Desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

DECEMBER AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please Note: \$ Fee program The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm Woodshop Hours are 8:30 am -12:30 pm		1 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	2 10 Open Art/Pottery 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	3 9:30 Chair Yoga \$ 10 Let's Walk 10 Knitting 11 Poker 10 Trenders 12 Cards & Games 1 Line Dance
6 9 Project Linus 10 Knitting 10 Open Art 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2 KASA Yoga	7 10 MAP 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	8 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	9 10 Open Art/Pottery 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	11 9:30 Chair Yoga \$ 10 Let's Walk 10 Knitting 11 Poker 10 Trenders 12 Cards & Games 1 Line Dance
13 9 Project Linus 10 Knitting 10 Open Art 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2 KASA Yoga	14 10 MAP 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplic. Bridge	15 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	16 10 Open Art/Pottery 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	17 9:30 Chair Yoga \$ 10 Let's Walk 10 Knitting 11 Poker 10 Trenders 12 Cards & Games 1 Line Dance
20 9 Project Linus 10 Knitting 10 Open Art 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2 KASA Yoga	21 10 MAP 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplic. Bridge	22 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	23 10 Open Art/Pottery 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	24 CLOSED Christmas Holiday
27 9 Project Linus 10 Knitting 10 Open Art 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2 KASA Yoga	28 10 MAP 10:15 Low Vision Group 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	29 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	30 10 Open Art/Pottery 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	31 Closed New Year's Holiday

ONGOING PROGRAMS



Low Vision Support Groups

Tuesdays

10:15 am

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

Brain Teasers

Thursdays

12:30 pm

Challenge your mind, strengthen your memory using games, puzzles and other activities.

Trenders

Fridays

10 am

A lively, open-minded discussion group with a loosely structured agenda.

Knitting & Crocheting

Mondays, 9 am - 12 noon

Fridays 10-11:30 am

Knitters, crocheters, fabric crafters and others join together to share their talents. Drop in for this fun and ageless group to happily share fellowship and conversation.

RED HATTERS

Meets the 3rd Tuesday every month.

December 21 10 am

The Red Hatters are a playgroup created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship!

Contact Ginny Russ at 301-325-5173 for Red Hatters information.

Better Breathers Pulmonary Support Group Meets the 3rd Tuesday Monthly

Tuesday, December 21

2:30-3:30 pm

This group is open to those with pulmonary conditions and their care partners.

The Bain Book Club

Meets 3rd Wednesday of the Month

10-11:30 am / Free

The December 15th meeting will be held at off-site at la Madeleine. Please call the center for additional information.

Essential Touch Massage Therapy

Wednesdays & Thursdays

10 am- 1 pm

Cost: \$68

60 minutes

Indulge yourself with a therapeutic massage designed especially for your needs. Massage Therapist, Felicia Tenny, RN, LMT will relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. By appointment only 410-313-7213.



Join us online! Speakers, Classes, Entertainment, and 100+ Exhibitors

MARK YOUR CALENDAR

RUNS NOVEMBER 1, 2021, THROUGH JANUARY 21, 2022

— www.thebeaconnewspapers.com for details —



ONGOING PROGRAMS

Korean American Senior Association (KASA)

Mondays

Line Dance 1-2 pm
Yoga and Bingo 2-3 pm

Poker

Mondays, Wednesdays, Fridays
11 am-4 pm

Canasta

Mondays, 1-4 pm
Canasta is a card game of the rummy family of games believed to be a variant of 500 Rum. New players and beginners are always welcome.

Bridge (Duplicate)

Tuesdays, 12-4 pm

Mah Jongg

Wednesdays & Thursdays 1-3:30 pm

Class is designed for anyone who wishes to play. No Mah Jongg set or cards required.

Bingo

Wednesdays, 9:30-11:30 am

Open Cards & Games

Fridays, 12-4 pm

Maryland Access Point Services (MAP)

8:30 am—4 pm
Minjung Engle, Resource Specialist with the Howard County Office on Aging and Independence will be available by appointment. She can assist in navigating services and identify resources. To make an appointment to meet with Minjung Engle in person at Bain, please call her at 410-313-6538.

Nutrition Consultation

Tuesday, December 14

9-11 am

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health.

Register using the ActiveNet link:

https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20Nutrition&viewMode=list

HCC Bain Senior Choir

Wednesdays, 9:30– 11:00 am

Members of the choir pay no tuition; the only charge is HCC's Consolidated Fee, which is \$28.34 for Maryland residents.

Trivia Time

Last Friday of the Month

9:30-10:30 am

Show us what you know during this entertaining and informative hour of trivia fun. Question categories range from sports and entertainment to geography and more. Join Dave Baker in the Bain Lobby and help your team compete for bragging rights.

Project Linus

Meets the 2nd & 4th Monday

9-11:30 am

Project Linus is comprised of hundreds of local chapters and thousands of volunteers across the United States, and includes our chapter at Bain. Volunteers work together to provide love, a sense of security, warmth and comfort to children who are ill, or are in need with the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

EVENTS & PROGRAMS

UGLY SWEATER PARTY



Wednesday, December 8 11:30 am
Light refreshments

We're Having a Party
 And Things are Going to Get UGLY.
 Wear a Ho-Ho-Horrible Holiday Sweater
 and meet us in the lobby. Holiday
 refreshments at 11:00 am and contest
 will begin at 11:30 am. Prizes for the best
 woman and man wearing the
 ugliest sweater. R.S.V.P.

Let's Jingle Holiday Party
Gift Exchange
Wednesday, December 15
11:30 am



Join us for Mocktails and Holiday Cheer!
 Bring a wrapped gift of \$10 value. **The**
Bain 50+ Gospel Choir will help to get us
 in the Holiday Spirit with a few selections.
 Sign-up by December 10th



As the fall season was upon us, our
 Crafty Fall Door Decorations class was a
 hit! Every one had such a fun time
 adding their own personal touch to their
 wreath while helping one another.

Dance Away 2021-Zumba Party
Friday, December 17
10 am/ Free



Healthy refreshments and tote bag
 giveaways. Sign-up in advance.

Weekly Computer Clinic Returns
Wednesdays, 1 pm -3:30 pm/ Free

Have a problem with your iPhone or iPad or
 want to learn how to better use its many
 features? Need help with your laptop or
 desktop computer? Call the Bain 50+ Center
 to sign up for a one-on-one, 30-minute
 meeting with a tutor who will assist you with
 your concerns and questions.

Opera Lecture with Dr. Sam Stern
Tuesday, December 21
12 pm

Hänsel and Gretel, by Engelbert
 Humperdinck (not the singer) is a Grimms
 brothers based fairy tale opera that follows
 two young siblings, Hänsel and Gretel, as
 they get lost in a forest. After falling asleep
 and meeting magical characters in their
 dreams the children come across a delicious
 gingerbread house where, they think, lives a
 kind old woman. Much to their horror this
 woman is an evil witch who imprisons and
 threatens to eat them! Please be sure to
 watch this classic Christmas-time opera to
 see if Hansel and Gretel survive this terrifying
 adventure! Hansel and Gretel contains
 some of the most beautiful, touching and
 majestic music in opera. R.S.V.P.

EXERCISE & FITNESS



Barre

Tuesday, December 7

10 am/ FREE

This class will take you through Ballet, Pilates, and Functional Barre movements that will lengthen and strengthen your entire body and improve flexibility. No prior dance experience required. Modifications for exercises will be provided. **Instructor: Doreen Sheppard**

Balance-4-All

Friday, December 10

11 am/ FREE

This class combines a perfect blend of balance, flexibility, posture, strength, & agility. With the use of light dumbbells and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.

Instructor: Courtney Bracey

Yoga Toning

Monday, December 13

10 am/ FREE

This class combines yoga with weight training for a fun & efficient total body workout. A yoga warmup leads into weight training followed by a short cardio burst. Finish it off with core work and a relaxing yoga stretch. Get it all in and reap the rewards!

Instructor: Debbie Sullivan

Barre-Doreen Sheppard

Tuesday, Jan 4 – Tuesday, March 15

10 am (11 Classes/ \$55)

Seated Tai Chi-Charlie Toth

Tuesday, Jan 4 – Tuesday, March 15

12 pm (11 Classes/\$55)

Zumba Gold® - Courtney Bracey

Friday, Jan 7 – Friday, March 18

10 am: (11Classes/\$55)

Balance-4-All – Courtney Bracey

Friday, Jan 7 – Friday, March 18

11 am (11 Classes/\$55)

Reiki

Tuesdays

10:30 am –1 pm

\$30.00 per 30 minute session.

A gentle, kind energy, that promotes relaxation, peace, and helps reduce pain.

Sharon Burns RN, BSN, MA. Register in advance.



Holiday Wii Bowling– with Prizes

Wednesday, December 15

9:30 am– 10:30 am

Wii bowling combines fun and fitness into one product. It may change how you view exercise. Come out and show off your bowling skills and have some fun.

Sign-up in the lobby.



EXERCISE & FITNESS

Bain Walking Club-Fridays at 12 pm Moved Indoors for the Winter



Tap Dancing Class-Tuesdays at 11 am



The Zumba Party in Pink was a Success!



Thanks to all who came out to support our Breast Cancer Awareness Event.

Arthritis Foundation Exercise

October 5-December 30 #A01404.500
Tuesdays & Thursdays 1-2 pm Cost: \$76

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by trained program leader, Pam Beck. Suitable for participants diagnosed with arthritis. Registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

Better Balance

October 4-December 29 #A01445.500
Mondays and Wednesdays
1-2 pm Cost: \$79

Better Balance is a great fit for someone looking to improve their balance and mobility. This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required before enrolling. Those 60 and older pay a suggested donation. Age 59 and younger, pay full fee of the class.

Age Well

October 4- December 15 #A01415.501
Mondays & Wednesdays
12-1 pm Cost: \$67 (21 Classes)

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are conducted in the Bain 50+ Center and are co-sponsored by Howard County General Hospital.

EXERCISE & FITNESS

Yoga

Mondays, 2:30–3:30 pm
October 4–December 20
Cost: \$59

#A01441.500

Wednesdays, 11 am–12 noon #A01440.500
October 6–December 22
Cost: \$59

Join Certified Yoga instructor, **Mary Garratt**, and learn the techniques that promote good health and strength.



Chair Yoga

Fridays, 9:30–10:30 am #A01425.500
October 1–December 17
Cost: \$59

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Join Certified instructor, **Connie Bowman** and promote your improved mobility.

Beginner Soul Line Dance

Thursdays, 2-3 pm #A01419.502
December 2-30
Cost: \$12

Join **Jessie Barnes**, our "seasoned" Dance Instructor who teaches throughout Central Maryland. Learn beginners' line dance steps and get fit at the same time.

Seated Tai Chi

Tuesdays, 12-1 pm #A01415.501
October 5–December 14
Cost: \$59

Join Instructor, **Charles Toth** for this seated class. It will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong.

Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. Please bring water.

Tai Chi

Starting Thursdays, January 13
3 pm



Tai Chi is a slow and gentle form of Chinese martial arts, an internal form of exercise by combining slow, deep abdominal breathing with gentle, smooth body movements in a natural and harmonic way.

Instructor: Dr. Ping Mao is a research scientist in NASA Goddard Space Flight Center. He was trained in one of the state-run martial arts schools in China for 10 years. He is a board certified and award-winning international champion who has been teaching Tai Chi in Howard County for 17 years.

50+ Fitness CENTER

The Bain 50+ Fitness Center is available to help put you on the path to lifelong fitness.

- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Equipment Orientation may be viewed at:
Equipment Video

<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

Equipment Overview

Wednesdays: December 1 & 15

11 am

Want to learn how to use our state-of-the-art new Fitness Center equipment? Join 50+ Fitness Coordinator, Michelle Rosenfeld, for an orientation. She will demonstrate how to properly adjust and use each piece of equipment. To register call the front desk at 410-313-7213.



Personal Training –Coming January 2022

Looking for one-on-one inspiration or a work-out tailored to fit your needs? See a flier for complete details on this service.

Half hour session = \$45

Package of 4 Half hour sessions = \$160

Package of 8 Half hour sessions = \$299



\$75/year County Resident

\$100/year Non-Resident

\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out. It includes unlimited use of fitness equipment rooms at:

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Mon-Fri 8:30 am-4 pm

Elkridge 50+ Center

6540 Washington Blvd, Elkridge 21075

Mon-Fri 8:30 am-4 pm

Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City 21042

Mon-Fri 8:30 am-4 pm

Gary J. Arthur Community Center

2400 Rte 97, Cooksville 21723

Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

North Laurel Community Center

9411 Whiskey Bottom Rd, Laurel 20723

Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

Roger Carter Community Center

3000 Milltowne Dr, Ellicott City 21043

Mon-Friday 6 am-10 pm

Sat 7 am-10 pm & Sun 7 am-9 pm

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Please refrain taking calls while working out and wipe down equipment after use. Your cooperation is appreciated.